

# IN Cheshire

ISSUE 113

ALDERLEY EDGE, CHELFORD, HIGH LEGH, KNUTSFORD, MERE,  
MOBBERLEY AND WILMSLOW

*Easter  
Bannets*  
for Special Occasions

## DESTINATION

### SLIGO

A Warm Traditional  
Irish Welcome  
Awaits You

## PERSONAL FITNESS

'Take Something Up'  
rather than  
'Give Something Up'

Karlene brings  
**A Flavour of Jamaica**  
to Cheshire

## SUPERFOODS

What are they?

INDEPENDENT  
EDUCATION

## High Flyers

Grand Canyon  
Helicopter Tours